Vancouver metro

Your essential daily news | WEDNESDAY, MAY 25, 2016

High 18°C/Low 11°C Partly cloudy

GORD DOWNIE
CANCER
DIAGNOSIS
JUST PLAIN
TRAGIC
metroNEWS

LAVISH LISTINGS

Vancouver dominates priciest real estate for sale in Canada

metroNEWS

This $38-million beachfront mansion on a private peninsula in West Vancouver isn't even the most expensive property in the country. COURTESY MALCOLMHASMAN.COM

Researchers slam Site C dam

BC HYDRO

Project most environmentally damaging in 25 years: Scientists

David Ball
Metro | Vancouver

Nearly 300 scientists and academics from across the country have issued a warning that BC Hydro's proposed Site C dam would wreak more environmental damage than any other project in Canada in a quarter century.

The 267-signatory letter released Tuesday was notably endorsed by the head of the Royal Society of Canada — the prestigious 133-year-old academy of the country's top scholars — which seldom jumps into the political fray.

One of the B.C. scientists behind the researchers' letter told Metro that the $9-billion hydroelectric project would be so damaging, its negative environmental impacts would exceed 40 per cent of those ever cited under the Canadian Environmental Assessment Act passed in 1992.

"That means Site C is an unprecedented case," said Karen Bakker, Canada Research Chair in Water Governance at the University of British Columbia, in a phone interview. "We're impacting Canada's largest river system, which has incredible ecological importance and importance to First Nations downstream."

The 1,100-megawatt Site C Clean Energy Project would generate enough electricity to power 450,000 homes per year, BC Hydro said, and create 10,000 construction jobs.

It would flood 5,340 hectares of land on the Peace River in northern B.C., much of it agricultural land within Treaty 8 First Nations territory, prompting a series of lawsuits from those groups.

The Royal Society's president, Maryse Lassonde, issued her own letter to Prime Minister Justin Trudeau, warning that "project approval goes against the Canadian government emphasis on evidence-based decision-making and how it must shape and inform government action."

The provincial and federal governments approved the dam in 2014 following a Joint Review Panel, but the scholars want B.C.'s energy regulator, the B.C. Utilities Commission, to conduct an "independent" assessment.

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metro NEWS

Your essential daily news

CRTC plans public hearing, in September, to evaluate "skinny TV," a $25 basic cable package.

Wild clash with police in McDonald's parking lot

ARMED CONFRONTATION

Video viewed by Metro shows officers kicking downed suspect

David Ball
Metro | Vancouver

Police are investigating an officer-involved shooting in a McDonald's parking lot near the PNE. CRAIG NOORDMANS/FOR METRO

A 28-year-old man is in hospital after a dramatic encounter with the Vancouver Police Department in a McDonald's parking lot near the PNE on Tuesday, police said.

Neighbourhood resident Craig Noordmans told Metro he saw one burning car in the parking lot and beside it, an apparently wounded man lying on his side on the ground, with several police officers pointing sidearms and Tasers at him.

Shortly after 1 p.m., he heard the "pop" of an officer's Taser during the guns-drawn arrest, in which an estimated eight officers "swarmed" the suspect, leaping on him to take him into custody.

"I didn't see what caused what happened before," Noordmans, who was driving by and stopped to photograph the incident, told Metro. "It was obvious the police had the man under control.

"The cops were yelling at him. They had him at gunpoint for a good three to five minutes. He wasn't moving — he seemed injured before they swarmed him."

Police said the shooting near Hastings Street and Cassiar Street, just east of the TransCanada Highway, happened after they were called to investigate the burning car and "were confronted by a man armed with a knife," police spokesman Const. Brian Montague said in a statement. "The man allegedly came at the officers and shots were fired.

"He was taken into custody and transported to hospital for gunshot and stab wounds."

Noordmans didn't hear or witness the shot, however.

"He may already have been shot when I arrived," he said. "He did look injured to me. He was on the ground already, I saw an officer with her gun drawn, and he was down on the ground looking at her."

Metro reviewed a video of the aftermath of the shooting, in which the shot man attempted to drag himself along the ground away from officers, who kicked and piled on him before taking him into custody.

The police department's major crime section is investigating the suspect, while B.C.'s Independent Investigations Office is looking into police actions "to see if police officers may have committed any offences," Montague added.

> **He wasn't moving — he seemed injured before they swarmed him.**
> Eyewitness Craig Noordmans

TRANSLINK

First fare review since '84

Matt Kieltyka
Metro | Vancouver

TransLink has begun public consultations as it embarks on a two-year review of the region's transit fares.

The transportation authority announced Tuesday that it has officially launched its first transit fare review since the current three-zone fare structure was adopted in 1984.

The review is expected to take two years and will include public consultations along with technical analysis, meetings with stakeholders and in-person events.

In its statement, TransLink said a number of different fare system options will be developed and evaluated.

"We recognize that any potential changes will directly affect our customers and that's why we're asking for input at the very start of this process and throughout each phase," said Tim Savoie, TransLink vice-president of transportation planning and policy.

An online survey is now open on TransLink's website until June 30, asking people for their opinion on the current fare structure and a number of hypothetical options.

TransLink spokesperson Jennifer Morland told Metro the review will take two years to allow for staff to do a proper technical analysis of feedback it receives from the public.

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PANEL DISCUSSION

Experts weigh in on housing affordability

Matt Kieltyka
Metro | Vancouver

The only way density will make Vancouver homes more affordable is with government intervention, MLA David Eby warned during a panel discussion on the city's affordability crisis.

Speaking at a University of British Columbia Sauder School of Business event looking into whether Vancouver could become more affordable without sacrificing livability, Eby warned flooding the market with new homes doesn't mean they'll necessarily be cheaper.

"Density is critically important but it's not the only solution," he said Tuesday evening.

"The people that try to sell you density without any other measures to ensure affordability are selling you, in my opinion, more of the same. More luxury condos."

Eby said some of Vancouver's most densely developed neighbourhoods, such as Coal Harbour downtown, remain unaffordable to average residents.

As do new townhome developments throughout the city that multiply the number of homes on a former single-family lot but still sell for well over a million dollars.

Vancouver's chief housing officer, Mukhtar Latif, said the city has been challenged by the lack of federal government funding in affordable housing, especially rental buildings, since the 1990s.

While the city has helped make sure 20 per cent of new buildings are now rental buildings through incentives to developers, vacancy rates remain unsustainably low.

The city is also having difficulty introducing new housing forms in firmly established communities.

"What surprised me coming to Vancouver (from London, England) was you had your single-family home and your condo and nothing much in between," said Latif, adding just three per cent of the city's housing is townhomes.

Cindy Brenneis, a director on the Grandview Woodlands Area Council, said neighbourhoods are open to change but only if it's done gently, and preserving the character of an area is a priority even in the face of housing demand.

"A diverse mix of housing is not unprecedented. We love it because it mixes up the housing types. The question is how much change is too much. Rapid development is scary for people," she said.

"Losing the character of our community is not a commodity we should give up too quickly. There are places in Vancouver that I think should be considered sacred."

Let's talk transit fares

Take the Transit Fare Review survey at **translink.ca/farereview**

Over the last 30 years, the way we determine fares—including our zone structure and our fare products—hasn't changed much. It's time to move toward a fare system that works better for more customers.

This is the first of four phases of the Transit Fare Review. Share your thoughts by participating in the survey between May 24 and June 30, 2016 and have your say on how to improve the transit fare system.

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TRANSLINK

This $38.9-million First Shaughnessy mansion is the third-most expensive in the country. COURTESY MANYEELUI.COM

City homes top cost list

REAL ESTATE

10 of the 12 most expensive houses are in B.C., site says

Thandi Fletcher
Metro | Vancouver

Got $45 million burning a hole in that pocket? Look no further than Vancouver's real-estate market.

Real-estate search portal Point2 Homes has released a new list of the 12 most expensive homes currently for sale in Canada, and — to exactly no one's surprise — Metro Vancouver again dominates the rankings with the top five priciest properties in the country.

1. 1 3838 Cypress St., Vancouver — $44,999,000

It might be the most expensive piece of real estate in Canada, but with three houses on four strata lots, this is basically a steal of a deal.

2. 4351 Erwin Dr., West Vancouver — $42.8 million

This oceanfront property on West Vancouver's most sought-after street offers 150 feet of private beach access. For $42.8 million, you wouldn't expect any less.

3. 3490 Pine Cres., Vancouver — $38.9 million

A house just isn't a home without 21-foot-high ceilings, an indoor pool, marble fireplace, in-house elevator and nanny quarters.

4. 5365 Seaside Place, West Vancouver — $38 million

You could buy a private island in the Caribbean for less. But if you're in the market for a $38-million beachfront mansion on a private peninsula, chances are you already own one.

5. 4726 Belmont Ave., Vancouver — $35 million

You can't put a price on mountain, ocean and city views in Point Grey — or maybe you can.

IN BRIEF

Poll says city residents happy with commute

A new poll suggests Vancouver residents don't really mind their commute all that much.

Fifty-seven per cent of Metro Vancouver residents that took part in a BC Business poll released Tuesday said their commute was either moderately (40 per cent) or very (17 per cent) pleasant. MATT KIELTYKA/METRO

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The tour will go on

MUSIC

Tragically Hip frontman Gord Downie battling cancer

Gord Downie has been diagnosed with terminal brain cancer. THE CANADIAN PRESS FILE

Tragically Hip frontman and lead singer Gord Downie will be well enough to go on tour despite a diagnosis of terminal brain cancer, one of his doctors told a news conference Tuesday.

Downie, 52, was diagnosed with glioblastoma, an invasive brain tumour, in his front left temporal lobe in December after he suffered a seizure while walking around his hometown of Kingston, neuro-oncologist Dr. James Perry said.

"Fortunately for Gord, he has a type of glioblastoma that is more amenable to treatment than most … with a more favourable response to treatment," Perry told the news conference at Sunnybrook Health Sciences Centre.

While he said Downie could have "a significantly higher chance of longer-term survival," Perry repeatedly declined to give a timeline for the cancer's progress.

"He is doing very well," Perry said. When fans go to the show this summer, he said, "they will see a survivor continuing with his craft."

The Hip's manager Patrick Sambrook told the news conference that Downie wouldn't be going on tour unless he could "blow people's minds."

TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau, speaks with Japanese Emperor Akihito as Sophie Gregoire Trudeau, speaks with Empress Michiko. THE CANADIAN PRESS

The Trudeaus were greeted by an honour guard when they arrived on Tuesday. THE CANADIAN PRESS

ANNIVERSARY

Trudeaus' day off fraught with criticism

When Prime Minister Justin Trudeau announced that he and his wife Sophie Grégoire-Trudeau would take Wednesday off to celebrate their wedding anniversary during a visit to Japan, critics immediately jumped on the micro-vacation as another example of Liberal entitlement.

"I'll see your hubbub about nannies and extra help and raise you an anniversary abroad. Bold," Andrew MacDougall, a former communications director for Stephen Harper, quipped on Twitter.

Trudeau, whose office won't say how many staff he has in tow, defended the prime ministerial down time during the four-day Japan trip, calling it an example of "the kind of work-life balance that I've often talked about as being essential in order to be able to be in service of the country with all one's very best and that's certainly something I'm going to continue to make sure we do."

The couple were to spend the night at a traditional Japanese inn before Trudeau heads to the G7 summit on Thursday in the country's Ise-Shima region. Trudeau said he'd personally pay for their anniversary night out.

The Trudeaus' 11th anniversary hiatus calls to mind a different age when prime ministerial down days were a regular occurrence.

Former prime minister Pierre Trudeau often took one or more of his boys with him when he travelled abroad in the 1970s and early '80s.

Patrick Gossage, a former press secretary to Pierre Trudeau, recalls the prime minister disappearing for a three-day vacation after the 1978 Bonn summit.

Brian Mulroney, who followed the elder Trudeau in office, largely escaped the travel controversies of his predecessor, sticking to business while abroad even if the pre-Internet media pace was less punishing.

THE CANADIAN PRESS

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ROAD SAFETY

Pace cars to slow traffic down

Brodie Thomas
Metro | Calgary

If you're the type of cautious driver who always goes the posted speed limit, a community association in Calgary would like to invite you over.

Rocky Ridge Royal Oak Community Association is about to roll out a community pace car program with an aim to keep traffic moving at the speed limit.

Ali Oonwala, vice president of the association, said many residents have already registered for the program, and mailouts have gone to every residence in the community.

The pace car program has been used successfully in communities across Canada. Drivers pledge to drive cautiously and at the posted speed limit — or to conditions — all the time. They also have bumper and rear-window stickers to let lead-footed drivers know why they're driving in such a reasonable way.

"We've got all our own stickers made up specific to the community," said Oonwala.

This sticker alerts drivers that the car ahead will stick to the speed limit. CONTRIBUTED

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Blast brought down plane, expert says

MEDITERRANEAN SEA

Body parts from EgyptAir flight show signs of burns

Body parts recovered from the crash of EgyptAir Flight 804 showed signs of burns and were so small that they suggested the jet was brought down by an explosion, a member of the team examining the remains said Tuesday. But the idea of a blast was promptly dismissed by the head of Egypt's forensic agency as "baseless" speculation.

The cause of the crash of the EgyptAir jet flying from Paris to Cairo that killed 66 people aboard still has not been determined. Ships and planes from Egypt, Greece, France, the U.S. and other nations are searching the Mediterranean Sea north of the Egyptian port of Alexandria for the jet's voice and flight data recorders, as well as more bodies and parts of the aircraft.

Egypt's civil aviation minister has said he believes terrorism is a more likely explanation than equipment failure or some other catastrophic event. But no hard evidence has emerged on the cause, and no militant group has claimed to have downed the jet. Leaked flight data indicated a sensor detected smoke in a lavatory and a fault in two of the plane's cockpit windows.

> **The logical explanation is that an explosion brought it down.**
> Egyptian forensic official

An Egyptian forensic team was examining the remains of the victims for any traces of explosives, according to a team member and a second official, both speaking on condition of anonymity because they were not authorized to talk to reporters.

The team member said the fact that all 80 body parts recovered so far were very small and that some showed signs of burns suggested an explosion.

But Hisham Abdel-Hamid, head of the Egyptian government's forensic agency, dismissed the suggestion, telling the state-run MENA news agency: "Whatever has been published is baseless and mere assumptions."

THE ASSOCIATED PRESS

A model in a dress made of flowers at the Chelsea Flower Show. GETTY IMAGES

Queen Elizabeth II stands beside a floral exhibit during a visit to the show on Monday. AFP/GETTY IMAGES

CHELSEA, UK

Visitors flock to flower show

The Chelsea Flower Show, London's legendary celebration of gardening, gets under way today, continuing a tradition that started in 1913, interrupted only by wartime.

The show, organized by the Royal Horticultural Society, is not the biggest in Britain. The Hampton Court Palace Flower Show is bigger, but Chelsea is still the most prestigious.

The weather is forecast to be cloudy this year, with the odd rain shower, But sometimes, the vagaries of the English climate really does get in the way. In 1932 the rain at the show was so severe that a summer house display fell to pieces. Another wet year an exhibitor named it "The Chelsea Shower Flow."

Whatever the weather, you can be pretty sure there will be 157,000 visitors, which is a limit imposed since 1988 by the capacity of the site at the Royal Hospital, Chelsea.

One feature of this year's show doesn't have any actual roots, and doesn't need watering. Almost 300,000 handmade poppies to honour the armed forces will be on display.

TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
Wednesday, May 25, 2016

ROSEMARY WESTWOOD ON HOW NOT TO BE NICE

NO SUGAR, BUT ALL SPICE

Faced with a culture that insists on niceness as the best — in fact, only — option for women, some notable writers and artists are making a counterproposal: **We can be as mean as we want to be.**

Niceness, our national pastime, has special significance for women. It is not only a constant expectation, it is considered innate. It is inextricable from girliness and womanliness, part of their very definition. And despite feminism's long work to undermine this trope, niceness has gone nowhere.

Which is why, just last October, researchers at Arizona State University found that anger only looks good on a man.

In the study, anger made men more convincing, but "when women expressed identical arguments and anger, they were perceived as more emotional," thus undermining their message, noted co-author and psychologist Jessica Salerno.

In other words: Since anger is not nice, an angry woman is doing something wrong, and therefore she's not credible. Or, probably, likable.

This is also why powerful women are routinely derided with antonyms of nice.

The writer Lindy West, for example, has been called many traditionally unsavoury things, and one of them led to the title of her new book. Shrill: Notes From a Loud Woman chronicles West's ascension to feminist-commentary fame. "My husband came up with it," she told one interviewer, of the title. "I don't totally remember (why). I'm sure some Internet troll called me shrill."

Because she chose to name the book after a supposed insult, it is both a rebranding of the word and a branding of West herself. The message to readers is clear: Lindy West gets called bad names, and not only does she not care — she's going to profit from it. It's a wink to women everywhere who have been put down for failing to show unfailing niceness, and a warning to those who don't like a brazenly opinionated woman.

In snatching a label so often used to undermine women's views by deriding their tone, West has spun slag into self-praise.

It's a similar tactic to Jen Agg's. The Toronto restaurateur has a forthcoming book titled I Hear She's a Real Bitch. Agg, like West, is a caps-lock Twitter personality ("Snicker, mutter about what a crazy bitch I am GO AHEAD I don't give a F--K," reads one tweet), unwilling to capitulate to critics, and uninterested in dutifully toeing a submissive feminine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by women let's just go ahead and assume we are natural enemies."

The title of Lindy West's new book, Shrill, is a wink to women put down for failing to be nice. JENNY JIMINEZ/TORSTAR NEWS SERVICE

When her book comes out, she'll be selling the idea of "bitch" as something good — a tactic that by now has a long history. Unlike the word "shrill," Agg's chosen insult-as-talisman has gone through dozens of meanings and connotations over nearly a century. The bad meanings have included whore and mean. The good: powerful, assertive and, even, feminist (as in, Bitch Magazine). A historical overview in Vice wondered whether bitch has retained any one overall meaning as a result of all this flux. From personal experience, I can confirm it remains, widely, a slur.

But words like "shrill" and "bitch" are worth using in book titles exactly because they remain controversial. They evoke other similarly derogatory terms, like "abrasive" and "aggressive," and the worn-out critiques of powerful women, like Hillary Clinton, as yelling too much.

For as long as this niceness expectation remains the status-quo, it will give women like West and Agg their special spice. Unburdened by the need to please and be pleasant, they say and do what they want, letting other, more wary women live vicariously through them.

That, I can tell you, is an immensely freeing experience, similar, if on a lesser scale, to the almost spiritual catharsis I have every time I watch Don't Hurt Yourself, Beyoncé's most vicious song in the cultural beast that is her visual album, Lemonade. The video is the most dangerous vision of Queen Bey we've ever seen. Menacing, dismissive, physically aggressive — she vibrates with the kind of anger that flares nostrils. "I am the dragon breathing fire," she sings, and "Who the f--k do you think I am?" and in a crescendo: "Tonight I'm f--king up all your s--t boy!"

The anger is so acute, so righteous. It feels so good precisely because it is transgressive.

One explanation for that, and for niceness's staying power, is that niceness is useful. It serves the patriarchy extremely well, since nice women don't cause fusses.

But, by the same token, they may have a harder time landing a book deal. What many women want right now is help on how to NOT be nice. How not to be cowed. We want our anger taken seriously, and our opinions, and our skills.

Book marketers seem happy to oblige.

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Facebook apologizes for banning an ad featuring an 'undesirable' plus-sized model

Kyle Lowry's slam dunk meal

"On game day, we'll do egg whites and gluten-free pancakes — just to get the carbs in there — turkey sausage, avocado, fruit. We'll do a big breakfast, so I can burn the calories all day. Once game time comes, I'm already fuelled and ready to go." That's what the Raptors' Kyle Lowry told us a while back, when we asked what he eats for breakfast. Ahead of Game 5 of the Eastern Conference Finals, we're uncovering the secrets of this breakfast of a champion. TORSTAR NEWS SERVICE

AVOCADO

The avocados provide a healthy monounsaturated fat and help ensure Lowry gets enough calories before the game — an athlete at his level should be consuming a breakfast that contains between 750 and 1,000 calories. (Lucky him.)

FRUIT

Plenty of carbohydrates are needed for fuel before the big game. Fruit is a better choice than vegetables for this situation — more carbs and less fibre.

TURKEY SAUSAGE AND EGG WHITES

These are great lean protein alternatives (compared to beef or pork sausages and whole eggs), which will keep the muscles and gastrointestinal (GI) tract happy. When muscles work intensely, there's competition between working muscles and the GI tract. The top priority for the body is to digest food, which will limit the blood supply to muscles, resulting in quicker fatigue. Fat takes three to five hours to digest, so Lowry doesn't want an excess of it before the big game.

GLUTEN-FREE PANCAKES

Typically gluten-free flours (rice flour, tapioca flour and potato starch) are low in fibre and are absorbed rapidly. That beats a high-fibre carbohydrate, which increases digestion time, delaying the speed at which glycogen reaches the muscles. Also, grains that contain gluten (wheat, barley and rye) contain carbohydrates that are poorly absorbed and can cause gastrointestinal disturbances in some people — not a distraction you want when you're squaring off against LeBron James.

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THIS WEEK: Spreads

Peanut butter and Nutella are beloved breakfast and snack favourites, but one is definitely a healthier option.

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Kraft All Natural Crunchy Peanut Butter (2 Tbsp)

Calories 180
Fat 14g
Sugar 2g
Saturated Fat 2g

SKIP THIS

Nutella Hazelnut Spread (2 Tbsp)

Calories 200
Fat 12g
Sugar 20g
Saturated Fat 4g

HERE'S WHY

Equivalent to more than five Oreo cookies in sugar

Kids and adults alike love peanut butter and Nutella. From sandwiches, dipping fruit or straight out of the jar, these spreads are a daily snack or breakfast item for many. While both fare similarly when it comes to fat and calories, Nutella has twice the saturated fat, partly due to containing palm oil, and has 10 times the sugar! That equals about 5 tsp of the sweet stuff on a 2 tablespoon serving — too sweet for an everyday snack!

FOOD BRIEFS

Boozy root beer a summer treat

In the world of ready-to-drink (the liquids formally known as coolers), trends can be as short as a Canadian summer. With a customer base void of loyalty, and always looking to swallow the latest flavour, few are lucky enough to see a second season on the shelf.

Knowing the sales life of their output can be fleeting, producers have gone in some dubious directions to stay current. That's what makes this year's trend towards booze-infused root beer appealing. Both retro and hipster certified, root beer is a classic warm weather comfort beverage.

Dusty Boots Hard Root Beer (6x355ml, $14.95-$16.99), made by Iconic Brewing in Oakville, Ontario, looks and tastes like, well, the real thing. With its hefty 5.9 per cent alcohol level artistically disguised in a blend of hops and spice, it's got staying power with seasonal sipping written all over the label. PETER ROCKWELL/METRO

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Aston Martin is building just 100 of its Vantage GTS models

Modern crossover hits mark

ALL PHOTOS LEE BAILIE

THE CHECKLIST | 2017 FORD ESCAPE

THE BASICS

Engine: 2.5L four-cyl/1.5L turbo 4-cyl/2.0L turbo four-cyl
Power: 168 horsepower
Transmission: Six-speed automatic
Price: Starts at $25,099, top model $35,999

TECH FEATURES

• Adaptive cruise control, collision warning, automatic emergency braking, perpendicular or parallel park assist with park-out functionality and lane keep assist are all available as well as SYNC3, SYNC Connect and a new Ford Pass app for your smartphone.

LOVE IT

• New look
• Smooth stop/start
• Lots of available tech

LEAVE IT

• Small back seat
• Bad base engine

REVIEW

Refreshed 2017 Escape has great tech

The Canadian Rockies may not be the most obvious pick for a non-skiing vacation, but once you get a chance to drive through it, the beauty of the snow-capped mountains, fresh piney smell, and close-up glimpses of wild animals outside your window make you wonder why more people don't come.

In the same way, the Ford Escape may not be the most obvious choice for a compact crossover. Like an all-inclusive beach resort, most people will gravitate towards a Honda CR-V or a Toyota RAV4, but once you drive the new 2017 Ford Escape, you come to appreciate that it has a lot to offer.

The Ford Escape has always been a top seller in the compact crossover segment, and it's the second best-selling Ford model after the F-150. It was starting to feel dated, but the refreshed 2017 version with great technology will make it more competitive.

Outside, the biggest change is a big grille that makes the Escape look like a smaller Ford Edge. It helps give the crossover a wider stance and more presence on the road. Available LED headlights freshen up the look, and adaptive headlights are available. The first big news is two new EcoBoost engines: a 1.5-litre turbo four-cylinder and a 2.0-litre four-cylinder with a twin-scroll turbocharger. They both come standard with stop/start, and it is one of the most seamless and least annoying systems out there. The intelligent system improves fuel economy by four to six percent in stop and go traffic and won't activate if the car is in extreme temperatures.

The carryover 2.5-litre four-cylinder is still available, but it's really not the engine you want because it makes the Escape feel lethargic. The EcoBoost options are much better.

On a few stretches of two-lane mountain roads, passing three slower moving cars at a time was surprisingly quick and wasn't anxiety-inducing.

Front-wheel drive Escapes are available, but most people will opt for the AWD system, which reads the road conditions every 16 milliseconds. The system can transfer up to 100 per cent of the power to the front or rear wheels if needed. The system makes the crossover feel sure-footed, and it never lost traction in the rain, snow or freezing rain experienced while driving in the mountains and the engine never lost steam at higher altitudes.

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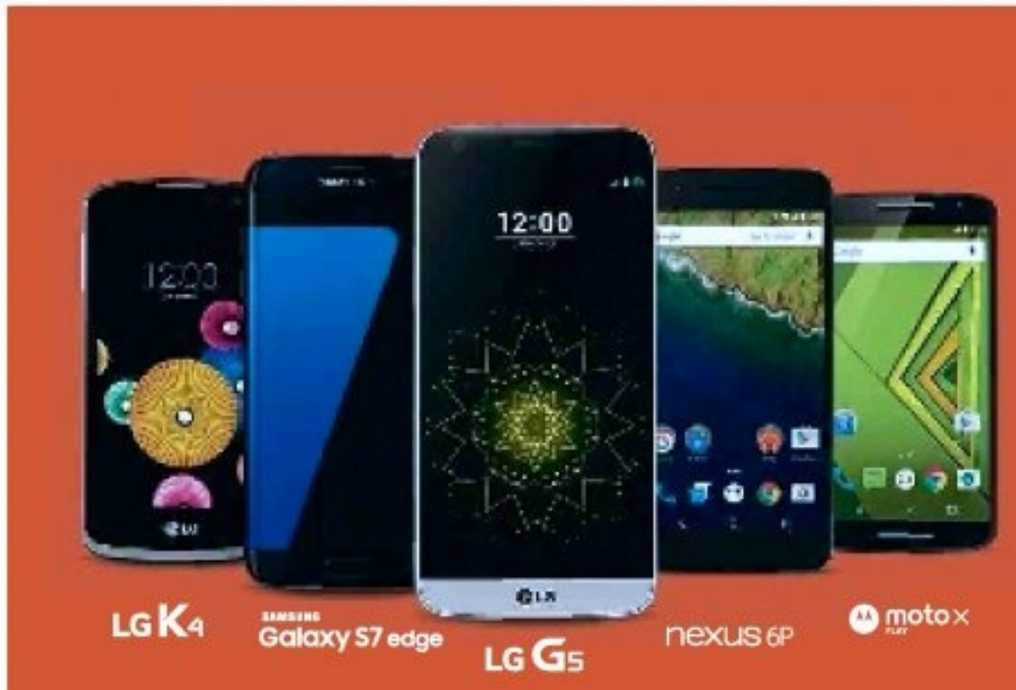

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Simple tips when buying used

HELPFUL GUIDE

Cars are complicated machines — know what to look for

Will McGuirk

Buying a used car is something many people have experience with. Often, when looking for a used vehicle, the buyer brought along a parent, a sibling, a friend who's a mechanic; someone with experience.

You kick the tires, check the mileage, walk around it, buy it.

Cars, however, are becoming complicated machines, more like roving computers and not even your neighbourhood mechanic pal can always keep up with all the technological advancements.

In the meantime, the British Columbia Automobile Association has a wealth of information on its website for anyone seeking to purchase a regular driver-driven used vehicle.

It has a list of recommendations to look for and also a road test checklist.

Check the tire threads for damage. ISTOCK

Things to look for include

- The odometer reading should average out about 20,000 kilometres per year.
- Wear and tear inside on carpets, seating, pedals could indicate excessive driving. A damp smell could indicate leakage.
- Scan the body for dents, bumps or other signs of possible new bodywork
- Look for rust, underneath, bottom of doors are prime areas for rust.
- Check the tire threads. Is there a spare wheel, jack and wrench?
- Do doors, trunk, hood and windows fit? Do the locks work?
- Depress each corner of the car for shock absorption testing. It should not be bouncy.
- Check fluid containers and tanks. Are there signs of leakage or corrosion?

Take it for a road test

- How does it start? Do they gauges work?
- Try all buttons, switches and accessories. Try the park brake, check for parking light.
- Road test on different surfaces as well as forward and in reverse.
- Check the steering wheel for looseness. Try sharp turns safely, listen for noises
- Take your foot of the gas and let the car roll to a slow speed, about 25 kilometres then speed up quickly, there should be no bluish exhaust smoke.
- Check the brakes, and make emergency stops safely
- If manual, try all gears, if automatic listen for smooth transitions.

It is also worth noting when purchasing private to bring along your go-to-guy with you on the test drive initial meet-up. They will help you inspect the vehicle but also add a level of security to the dealings.

Have a checklist ready when taking a road test so you know just what to look for. ISTOCK

The comfort of knowing you're protected

You're ready to drive on the open road. You've got your licence, your car, and a full tank of gas. The only thing that's missing is the right auto insurance policy.

"When you're buying auto insurance, it is important to consider the level of coverage and deductible suitable for you," says Sylvain Renaud, vice president, personal lines at Intact Insurance.

Auto insurance provides you with the comfort of knowing that in the event of an accident, you're protected. It's mandatory by law and covers drivers, occupants and pedestrians in the event of a collision.

Here, Renaud answers five questions that will set you up for success before buying insurance:

1. What are the different components of an auto insurance policy?

There are four components to provide you coverage:

- Collision: covers damage to your vehicle in an accident when you hit something or someone hits you.
- Comprehensive: covers damages to your vehicle that aren't covered under Collision. This includes things like fire, theft, hail and vandalism.
- Accident Benefits: provides coverage to you and the occupants in your vehicle in an accident.
- Liability: covers you for damages that you cause to other cars and objects or injuries to other people.

You can choose coverage limits and deductibles for these coverages that suit your needs and budget.

2. How do I get insurance?

You can go through an insurance broker who carries insurance packages from a variety of companies or through an agent from a specific insurance provider.

3. Why are insurance costs different for everyone?

The cost has to do with a variety of factors: your driving habits and skills, where you live, how often you drive, etc. In order to calculate your insurance premium, companies use their own historical data and experience, along with the information you provide to determine the likelihood that you will have an accident or have a loss associated with your vehicle.

4. Am I covered when driving someone else's car?

You're covered under the car owner's insurance. However, you need to have their consent and abide by the terms and conditions of the policy.

5. Explain the difference between the insurance premium and the deductible?

An insurance premium is the amount of money you pay for an insurance policy and a deductible is the amount of money you will pay before an insurance company will cover the outstanding costs.

When buying auto insurance, it's important to consider the level of coverage and deductible suitable for you. ISTOCK

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'JUNK ON A STICK'

TransAm stacks up nicely as objet d'art

Breathing new life into a used vehicle can be the job of a mechanic but it can also be the work of an artist. Marcus Bowcott's TransAm Totem is a sculpture that begins as a sizeable old growth cedar trunk and culminates in five used vehicles, stacked on top of each other, smallest at the bottom. The toppermost is a TransAm. It is situated near False Creek at Pacific Boulevard and Quebec, beside the Skytrain line.

Bowcott says he drew inspiration from sources as diverse as Marshall McLuhan, Walt Whitman, Marcel Duchamp and Neil Young. The piece also appeals to a diverse array of people.

"It seems that people who identify with cars like the sculpture because they themselves relate to cars as art objects. Environmentalists seem to like it for the subversive way it sends up advertising and consumer culture. Some people simply hate it and call it "junk on a stick" ... the Dada-ist in me is fine with this perception/reaction. I'm interested in jamming the notion of 'high' and 'low' art & culture," he says.

> **People who identify with cars like the sculpture because they themselves relate to cars as art objects.**
> Artist Marcus Bowcott

The TransAm Totem is pretty high art as it stands, at least in terms of height. From the TransAm to the ground the Totem is 33 metres. Bowcott created the sculpture for the Vancouver Biennale with the help of his wife and structural engineer Eric Karsh. The Totem's site was chosen purposefully.

"Presently, the site is an urban transportation hub surrounded by condo towers. Thirty five years ago the site was a collection of sawmills, beehive burners and creosote soaked soil that was surrounded by an ever-changing ring of log booms. One hundred and fifty years ago it was an old growth forest and tidal flats in proximity to the Squamish and Musqueam Nations. The bear paw carving at the base of the cedar is by my fellow Squamish artist/carver Xwalacktun — Rick Harry," says Bowcott.

The historic site and nature of the Totem says much about the city's fetish for the new but it is Bowcott who sees the future, where even something as seemingly useless as a used car is not to be looked down upon but to be looked up to.

WILL MCGUIRK

Marcus Bowcott's sculpture TransAm Totem. CONTRIBUTED

That vintage vehicle may look like a sweet ride, but before you buy check out our pro advice to get a roadworthy dream car. ISTOCK

Bring sexy back with old school auto style

VINTAGE BEAUTY

What you need to know if you're looking for a classic car

Will McGuirk

Buying a used car doesn't mean you have to compromise on the cool factor. If you are going to purchase second hand, maybe throw it right back to the days of Steve McQueen mustangs and James Bond Mercedes, Thelma & Louise Thunderbirds or a Clint Eastwood Gran Torino. In recent years car design has become pretty monotonous but there was a time when style and sexiness was the first consideration.

Ken Powers of Vancouver's Classic Custom and Hot Rods has grown up around classic cars and knows all their beauty curves and lines intimately. He has been working on a guide for potential customers, an 'everything you wanted to know about classic cars.' He suggests buyers ask these questions first.

What is the mileage?
Ask for proof of mileage (repairs receipts will have it). A good trick is to look at the brake pedal pad, if it's really worn down it's most likely gone over 100,000 miles or as they say, "rolled over".

Is it the original paint?
Look for splashes on chrome, mouldings or around the doors. That's an indication of a new paint job. Also look for bubbles, that could be rust which has been 'bondo'ed' over. Walk away.

Is it the original motor and transmission?
The engine number and VIN should match. Look for a date tag.

Look up the VIN.
The number will tell you the year of the vehicle, what size motor the car or truck came with, where the vehicle was made, the date of assembly and order of production. Valuable information, in particular for collectors.

Is it made in Canada?
Important only because the car may have some historic value to it.

Was the car restored and has the motor been rebuilt?
It's important to ask for proof of restoration or mechanical work. Ask for photos of the restoration, look to see if body panels have been changed, look at the body gaps between the panels to see if they run together evenly or they are wide at one end and tight at the other. Look into the trunk and take a flashlight and point it upwards onto the inner quarter panels to see if there is a noticeable seam. Listen to the motor for any knocks or odd sounds and make sure the transmission is shifting smoothly.

For further help you should contact a professional car restorer who inspects and evaluates classic cars.

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~~$5,995~~ NOW ONLY $4,888

2004 IMPREZA 2.5 TS

Air conditioning, power windows, locks, mirrors, heated door mirrors, CD player, tilt steering wheel, all wheel drive

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2005 TOYOTA MATRIX

Remote trunk release, front seat back storage, power tilt-adjustable steering wheel, A/C, split folding rear seats

~~$8,888~~ CASH PRICE $7,995

2004 VW PASSAT GLS 1.8T

Heated door mirrors, power moonroof, leather interior, telescoping steering wheel, heated seats, alloy wheels

~~$6,888~~ ON SALE $5,888

2005 AUDI S4 4.2

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~~$10,495~~ NOW ONLY $9,888

2008 PATRIOT SPORT/NORTH

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~~$8,900~~ CASH PRICE $6,995

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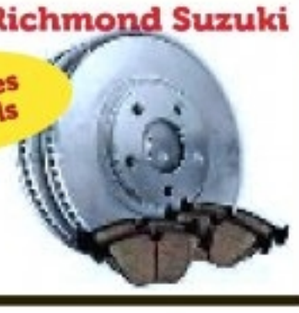

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"What we want from hockey, what we look for, is life's ideal, not its reality": Gord Downie during the 2004-05 NHL lockout

NHL PLAYOFFS

Pens force Game 7

GAME 6 In Tampa

5	2
PENGUINS	LIGHTNING

The Pittsburgh Penguins are headed home for Game 7 of the Eastern Conference final.

Sidney Crosby had a goal and an assist, and Phil Kessel, Kris Letang, Bryan Rust and Nick Bonino also scored Tuesday night in a 5-2 victory that evened the best-of-seven series at three games.

Game 7 is Thursday night, with the Penguins hoping to reach the Stanley Cup Final for the first time since 2009 and the Lightning looking to advance to the Cup final for the second straight year.

Crosby assisted on Kessel's 5-on-3 power-play goal in the opening period and skated around Tampa Bay defenceman Anton Stralman into the clear before sending a wrist shot between goalie Andrei Vasilevskiy's legs for a 3-0 lead in the final minute of the second period.

Rookie goaltender Matt Murray returned to the lineup and made 28 saves for the victory. He was replaced as the starter for Game 5 by Marc-Andre Fleury.

Brian Boyle scored twice in the third period for Tampa Bay.

THE ASSOCIATED PRESS

IN BRIEF

Ronaldo limping, but expected to play Saturday

Cristiano Ronaldo left Real Madrid's training session early after an injury scare on Tuesday, but doctors said the forward is not at risk of missing the Champions League final vs. Atletico.

Ronaldo hurt his left leg after colliding with reserve goalkeeper Kiko Casilla while going for a ball crossed into the area near the end of the session.

THE ASSOCIATED PRESS

Nationals tee off on Mets

Steven Strasburg remained unbeaten with an 11-strikeout performance, and the Washington Nationals hit three of their season-high five home runs off struggling Matt Harvey in a 7-4 victory over the New York Mets on Tuesday night.

Strasburg (8-0) gave up two runs and four hits over 6-2/3 innings. He has five games this season with at least 10 strikeouts.

THE ASSOCIATED PRESS

Thunder push Dubs to brink of elimination

Thunder point guard Russell Westbrook scored 36 points on Tuesday night. SUE OGROCKI/THE ASSOCIATED PRESS

NBA PLAYOFFS

Westbrook's triple-double moves OKC closer to Finals

GAME 4 In Oklahoma

118	94
OKC	

Russell Westbrook had 36 points, 11 rebounds and 11 assists, and the Oklahoma City Thunder beat the Golden State Warriors 118-94 on Tuesday night to take a 3-1 lead in the Western Conference final and put the defending NBA champions on the brink of elimination.

It was Westbrook's first triple-double of the playoffs after posting 18 in the regular season. Kevin Durant added 26 points and 11 rebounds for Oklahoma City.

Golden State, which won a league record 73 games in the regular season, lost consecutive games for the first time this season. The Warriors must win Game 5 on Thursday in Oakland to keep their season alive.

Klay Thompson led Golden State with 26 points. Two-time league MVP Stephen Curry was limited to 19 points on 6-for-20 shooting.

Golden State's Draymond Green, who was fined for kicking Steven Adams in the groin in Game 3, finished with six points, 11 rebounds and six turnovers.

Meanwhile, Oklahoma City got a boost from an unlikely source. Andre Roberson, a player the Warriors have ignored at times during the series, scored a career-high 17 points and grabbed 12 rebounds.

The Thunder led 30-26 at the end of the first quarter, then gained control in the second. In the most unlikely of connections, Adams threw a bullet pass to Roberson near the basket for a dunk that gave the Thunder a 56-43 lead with just over four minutes left in the first half.

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RECIPE Salmon Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These burgers made from fresh salmon get a zippy hit of flavor thanks to ginger and scallions.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin, it will make it much easier to chop up. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Resist the urge to use a food processor for this task or you will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

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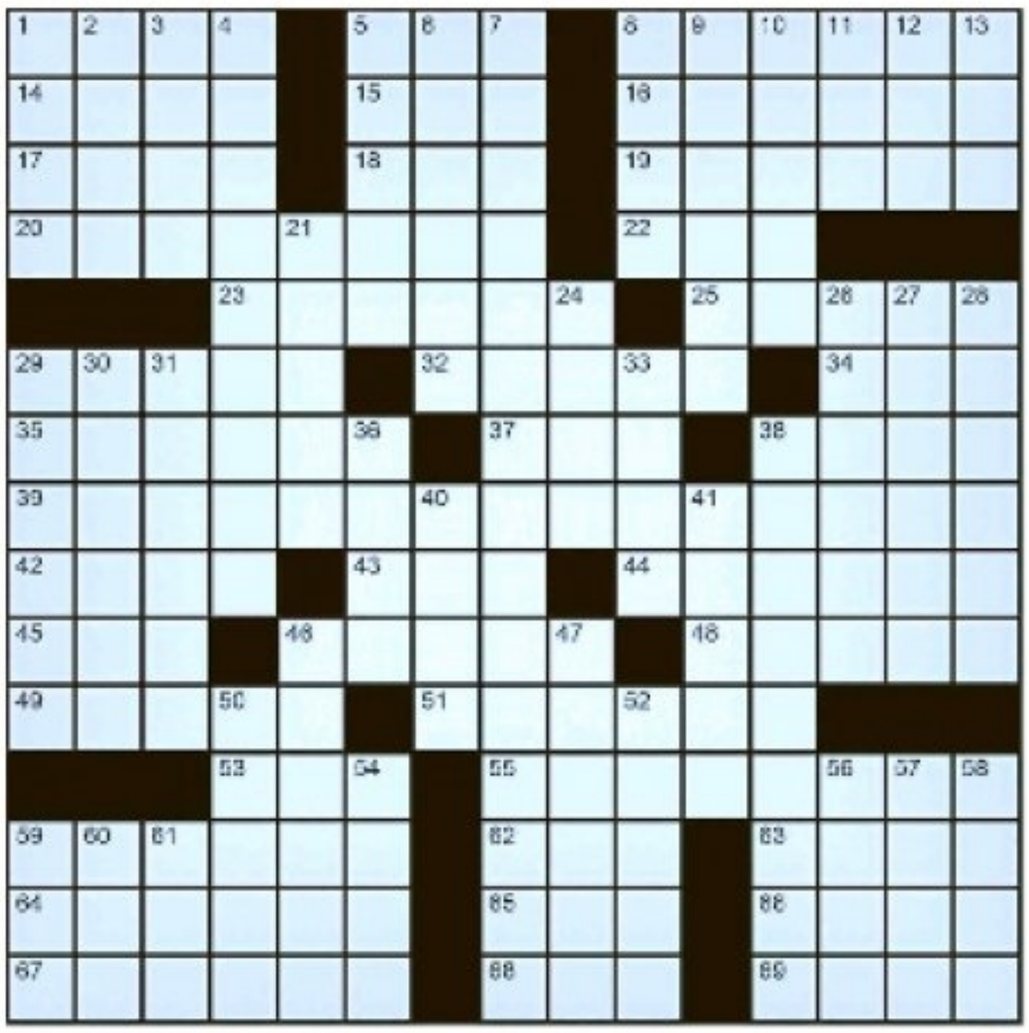
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Just for Laughs _" (Canuck fun TV show)
5. Beast of burden
8. First-rate, as an excellent job
14. Pronto, in an office
15. Charge
16. _ Ed's (Toronto bargain store attraction)
17. Stuff
18. _ _ pedestal
19. "SCTV" alum Ms. Martin
20. Soldier's garb
22. Stove brands, e.g.
23. Bell and Rogers, hip-style
25. Belonging to rock singer Meat
29. Sanctuary
32. Nervous
34. Cat's claws locale
35. Muse of astronomy in ancient Greek mythology
37. Oscar-winner Ms. Field, to pals
38. Finale, in music
39. Montreal-born author of 1971 novel St. Urbain's Horseman: 2 wds.
42. "Titanic" (1997) actress Suzy
43. "There no '_' _ T-E-A-M."
44. Earlier match or round [abbr.]
45. Glasgow refusal
46. Beef up: 2 wds.
48. Desktop symbols
49. County in England
51. Shrill scream!
53. Dermatology plumping site
55. Magnitude
59. Taste, States-style
62. Workshop tool
63. Chill
64. Filmdom
65. Marathoner Ms. Pippig
66. 1970 war movie, when tripled!
67. Sophisticated
68. Coffee make ...the 'cafe' has been drunk
69. Sea eagles

DOWN
1. Sailing spar sort
2. World's biggest continent
3. Canadian composer Mr. MacDermot
4. Hairstyling woes: 2 wds.
5. Run _ of (Conflict)
6. Toronto college; or, Roman statesman
7. "We had joy...": 1974 hit song for Winnipeg-born singer Terry Jacks: 4 wds.
8. 1970s carpeting choice
9. "Mr. _" by Bobby Vinton
10. "Then...?": 2 wds.
11. For every
12. Expend
13. "Harper Valley _-_-_"
21. Soaps actress Ms. Francis
24. Celebrity
26. NASA's moon program
27. Gradually-seen movie scene: 2 wds.
28. Lots of locusts
29. Compassionate to critters
30. Perfumes
31. Deviates
33. Dress undergarment
36. _-tongued
38. Chess victor's declaration
40. Assists
41. Ye olde town announcer
46. Self-evident truths
47. Flowery
50. J.R.R. Tolkien: Middle-earth beings
52. Belonging to Des Moines' state
54. Address the heavens
56. Prince _ (Alexander Borodin opera)
57. Change direction
58. Nays opposers
59. US broadcasting regulator
60. Tiny 'tiny'
61. Ms. Navarro, 2016 Presidential election commentator on CNN

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Conversations with authority figures (bosses, parents and the police) might be heated today. Chill out. Part of the problem is that something unexpected will catch you off guard.

Taurus April 21 - May 21
Avoid controversial subjects today, because people are entrenched in their own point of view and will listen to no one else. Therefore, save your breath! Travel plans will change.

Gemini May 22 - June 21
Keep an eye on your bank account to know what's happening today, because something unexpected might occur. It could impact inheritances and shared property agreements.

Cancer June 22 - July 23
Because something is unexpected, this could throw you off your game when dealing with partners and close friends. Do your best to stay calm so that you can handle the unexpected.

Leo July 24 - Aug. 23
Today your work routine will be interrupted by computer crashes, power outages, canceled meetings and such. Give yourself extra time so you have wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23
Parents should be extra vigilant today, because this is an accident-prone day for their kids. Romantic partners will also encounter speed bumps. Oops. Be patient.

Libra Sept. 24 - Oct. 23
You like to keep the peace with others for your own peace of mind. Therefore, avoid arguments with partners and close friends today. Be cool.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for you, so pay attention to everything you say and do. If you are mindful and aware, you will be fine.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money and cash flow today. Count your change. Double check your bills and invoices, because something unexpected will affect your wealth.

Capricorn Dec. 22 - Jan. 20
Today the Moon is in your sign, lined up with Pluto and at odds with Uranus. Guard against impulsive, impetuous behavior. Think before you act. Watch out for knee-jerk reactions.

Aquarius Jan. 21 - Feb. 19
Something hidden or behind the scenes will catch you off guard today. Patience and an unhurried pace will be your best approach.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone who is a real character. This person likely will be bohemian or "out there" in some way — definitely unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			1		2			
6		5		7		2		1
	7						9	
1			5	6	7			2
3			2	8	4			7
	3						1	
9		2		4		3		6
			6		8			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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9	1	2	6	4	7	5	3	8
5	8	4	3	9	1	6	2	7
7	3	6	5	8	2	9	1	4
6	9	8	7	2	3	1	4	5
2	5	1	8	6	4	3	7	9
3	4	7	9	1	5	8	6	2
8	2	9	4	3	6	7	5	1
1	6	5	2	7	8	4	9	3
4	7	3	1	5	9	2	8	6

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